Cathays Monthly Update – April 2024

Check out the regular events on the Y/C calendar: ***www.yourcathays.org.uk*** on the home page!

Contents

April 2024 comments: 2

John Evans RIP 2

Attending the Iftar 2

The emergence of 'The Cardiff Quartet' 2

Happy Easter events! 2

Dawn Chorus in May 2

Are Seagulls on the decline? 2

40% relief for Local Businesses Rates 2

Closure of Salisbury Surgery 2

Brian Sweetman RIP 2

Dawn hangs up her lollipop 2

Cardiff Walk for Health – every Tuesday! 2

The 'Your Cathays online CALENDAR' in April: 3

Volunteers needed – St Vincents (Crwys Road) 4

Crowdfunder for one our residents now in intense care! 5

Trusted Tradesperson / local Tradesbusiness in Cathays – Crwys Auto Services 6

New Business: Root Deep, Gardens, Ponds & General Maintenance 7

Foodbank in Cathays – donating and collection for April 2024 8

Interventions Gallery Reset @ Ffotogallery – (Wed's thru Saturday's) All through April 9

Sharing Ramadan @ Dar Ul-Isra – Thursday, 4th April 10

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 6th April 11

FAN: Cardiff Café Culture History @ Cathays Library – Thursday, 11th April 12

Climate Cymru – Film Event @ Temple of Peace – Thursday, 11th April 13

Climate Fresk with Climate Cymru @ Temple of Peace, Saturday, 13th April 14

Civic Society 'Get-Together' @ Tiny Rebel – Womanby Street – Tuesday, 23rd April 15

O.Constantinou & Sons wins award for the third time !! Massive congratulations !! 16

Former Cathays Resident wants to train as an actor! 17

May 2024 – Cathays Monthly Update 18

April 2024 comments:

John Evans RIP

It is with a very heavy heart that I inform our community that the excellent Mr John Evans sadly has passed in late February – his funeral was at the Crem on 21st March.

It was a great pleasure to always speak to John on many streets and venues and I was always enamoured how incredibly positive a character he was!

John was a regular at Dalton Lunch Club and was sadly spitting teeth when it shut down. John explained to me that he believed the elders of Cathays and surrounding communities lost a major avenue of engagement with the closure of Dalton Lunch Club.

You will be missed sir!

Attending the Iftar

It's always a pleasure to attend Al-Manar Centre for the Ramadan celebration. Every year it is amazing just to be there and converse with our neighbours.

After the usual prayers in Arabic and English - then the serving of food after the sun sets which breaks the fast – It's always great just listening to the stories from so many amazing people in attendance; with representatives from the shops, the Uni, local industry etc and I'm always grateful for the learning arc too!

Barak always encourages non-Muslims to attend, and you are always most welcome to attend in next year's Ramadan at Al-Manar Centre and/or Dar Ul-Isra Centre.

The emergence of 'The Cardiff Quartet'

As of late 2018 there was more natural ties being developed across the 4 districts of Penylan, Gabalfa, Roath and Cathays – and we are a lot more interblended than people realise.

As so much has happened post-lockdown with these 4 districts working together - I will try and explain more examples of this in successive months community updates!

Happy Easter events!

With our multiple churches holding their own wonderful Easter celebrations – one of the parents did put it to me on what possibility there could be for an Easter Egg Hunt in 2025 onwards.

Any ideas Cathays people for location?

Dawn Chorus in May

This will be at Bute Park – click the link for more information for the early morning tour and the Dawn Chorus! Link ***https://www.eventbrite.co.uk/e/dawn-chorus-cor-y-bore-bach-tickets-863667762527*** - Enjoy the ornithological choir!

Are Seagulls on the decline?

Over Easter weekend, the national news reported that Seagull populations are on the decline across the UK ….. I wonder what our local population of Cardiff think about that?

40% relief for Local Businesses Rates

Before Dinas Computers closed, Wyn explained to me that many local businesses still do not know they will qualify for Business Rates reductions – please do tell the local businesses about this!

Link: ***https://apps8.cardiff.gov.uk/rates-relief-scheme-application-2024/eng/information***

Closure of Salisbury Surgery

Polite reminder - The surgery closed on 1st April. You are now referred to St David's Surgery in Canton.

Brian Sweetman RIP

It was painful to hear that local Flora Street resident Mr Brian Sweetman passed away in the early morning of Tuesday, 19th March 2024.

A life member of both CSAS (old Libs) and The Cons Club, Brian was a regular local guy and well-liked by many. Brian always had a chilled mannerism about him which made him very pleasant to converse with.

Our thoughts are with Mrs Dottie Sweetman and Brian's wider family and inner circle of friends.

Dawn hangs up her lollipop.

After a significant amount of time serving the local resident's (especially your children) crossing at the top of Cathays Terrace – Dawn has elected to hang up here lollipop.

Hundreds of you would see Dawn in her bright yellow reflective jacket and lollipop every morning and mid-afternoon for many past years guiding our little ones across the terrace zebra crossing!

Enjoy your retirement you dear lady!! You are one of the many positive safety driving forces in Cathays!

Cardiff Walk for Health – every Tuesday!

More residents are joining the 'Walk for Health' in Cathays Cemetery, starting at 10:30am behind Cathays Library via the Fairoak Road entrance!

This in itself has become a bit of a social club – which residents are making friends with others …. Invariably the walkers attend Teacups & Cupcakes for a nice cuppa afterwards!

Cathays Local Businesses

The 'Your Cathays online CALENDAR' in April:

Links: ***https://www.yourcathays.org.uk/***

Scroll down the front page or click on internet link here: CALENDAR – What's on this month – enjoy!

Get your entries in please!

Please help to repopulate this monthly online Cathays Calendar – for those with entries on the calendar, please ensure the information is updated with times, links etc.

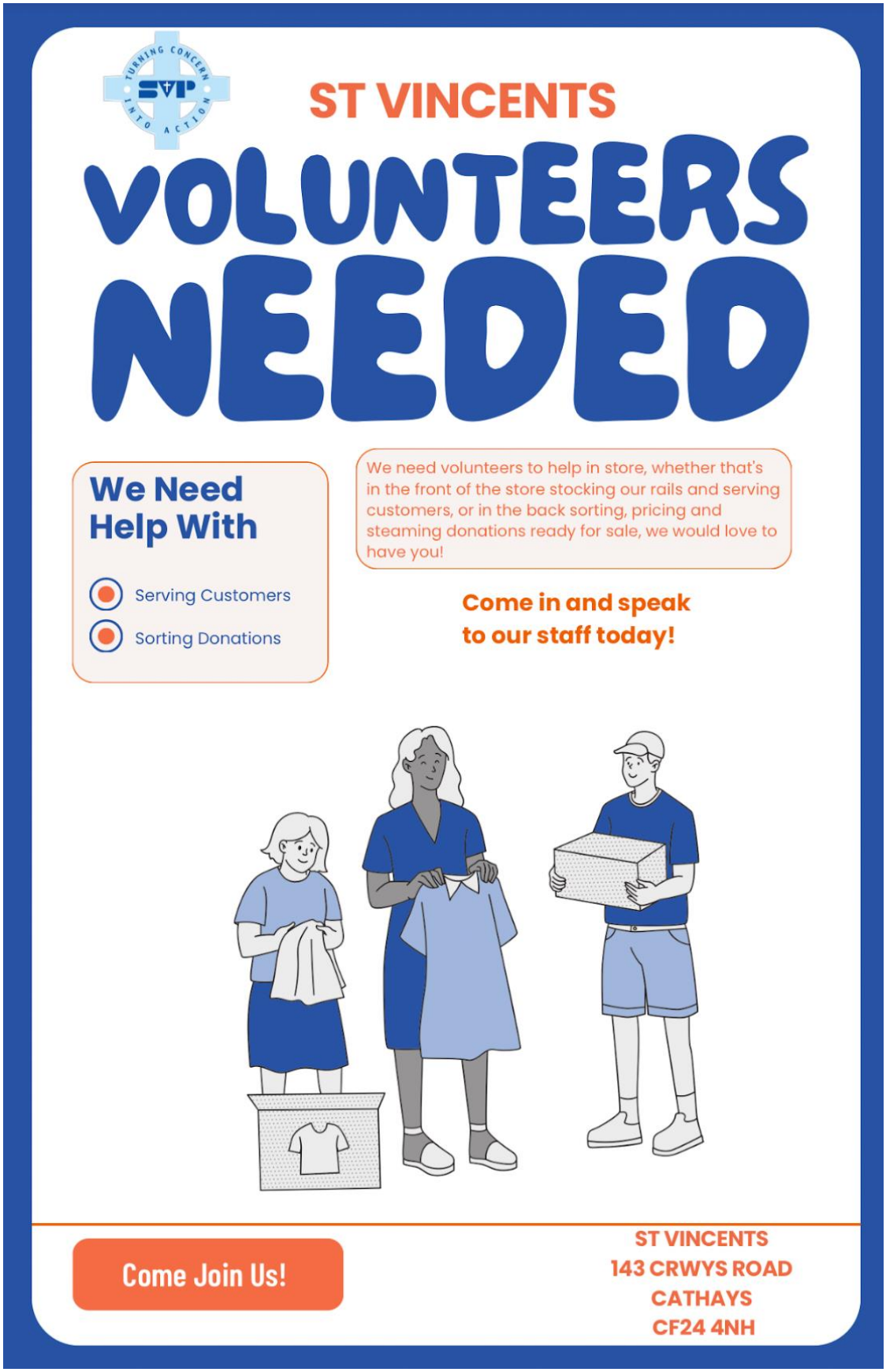
Basic/Uncategorised | Health, Fitness & Sports | Local Business | Volunteering & Activism | Social & Recreation | Art, Music & Culture

April 2024

MON	TUE	WED	THU	FRI	SAT	SUN
1 7:00 pm: Cathays Brass - every Monday evening!! 7:00 pm: Cathays PACT - Bi-Monthly: Feb, April, June, Aug, Oct, Dec @ Venue TBC	2 10:30 am: Baby & Toddler Group - EVERY Tuesday @ 'The Table' - Pentyrch Street 10:30 am: Weekly Tuesday 'Cathays Cemetery Walk' (Walk for Health) 11:00 am: Tea & Cakes - The first Tuesday of each month @ Ffotogallery	3 10:00 am: Bute Park - Plant Sales EVERY Wednesday 6:45 pm: Cardiff Greenpeace @ Temple of Peace - 1st Wednesday of each month	4 2:00 pm: Heritage FAN [Friends And Neighbours] 2pm at Cathays Library 7:30 pm: Blues Dragon & Blues - First Thursday of each month	5	6 10:00 am: Repair Cafe Cathays - every 1st Saturday of the month 11:30 am: XR Cardiff - Monthly Meetings - first Saturday of each month @ Quakers - Charles Street	7
8 9:30 am: Story Time for Under 5's - English 7 Welsh Medium - EVERY Monday	9 2:00 pm: Memory Lane (Dementia support group) EVERY Tuesday	10 10:00 am: Police Community Access Point - weekly @ Sherman Theatre 12:00 pm: Home Grown Vegetable for sale - EVERY Wednesday	11 4:30 pm: Youth Club @ Cathays Community Centre - EVERY Thursday	12 6:30 pm: IYP - Youth Club @ Cathays Community Centre EVERY Friday	13 11:00 am: Foodbank @ Woodville Baptist Church - EVERY Saturday	14 1:00 pm: United Community Social - EVERY Sunday @ Brodies Cafe (North Road)
15 6:00 pm: Embassy Youth Club - EVERY Monday early evening	16	17 10:00 am: Coffee Morning - EVERY Wednesday @ Cathays Community Centre	18	19	20 10:00 am: Plant sales @ Bute Park - every Saturday	21
22	23 1:00 pm: Foodbank @ Woodville Baptist Church - EVERY Tuesday 1pm to 3pm	24	25 12:00 pm: 'Cuppa with a Copper' - Bi-weekly @ Cathays Library 2:00 pm: Memory Lane (Dementia Support) EVERY Thursday	26	27	28
29	30					

Volunteers needed – St Vincents (Crwys Road)

Instagram: ***www.instagram.com/stvincentsshops***
Location – 143 Crwys Road (Top end of Crwys Road)



Bethan – Manager
St Vincents

Crowdfunder for one our residents now in intense care!

Link: https://www.justgiving.com/crowdfunding/Sharonwarren
You can still contribute!

On a personal note I'd see Sharon each 2-3 weeks when I'd pop in for a baguette at Sharon's shop (on the top of Senghennydd Road)

It's been a bloody rough ride for the Warren family (and other residents on Gwenydd Street)



The story:

In the early hours of *Sunday 3rd of March 2024*, Sharon was walking home from her shop and feeding stray cats, when she was the *victim of a brutal hit and run*. The driver, with no insurance and whilst under the influence of drugs and alcohol, drove through a dead end and hit her whilst she was walking on the pavement.

Sharon sustained massive injuries, including broken legs, fractures to her pelvis, hip and shoulder, numerous injuries to her vital organs, a fractured neck and a bleed to her brain. She is currently in intensive care in UHW and has already undergone several surgeries.

As well as the extreme emotional impact of the incident, the family are now under significant financial pressure to not only take time off work to be by her bedside, but to continue to financially support Sharon's business, Baguettes and Bagels in Cathays. The shop has been a pillar of the community for 30 years. Serving the community and having banter with her customers who were also her friends brought her great joy.

Everyone who knows Sharon knows that she worked tirelessly, never complained and cared for others above herself, especially animals!

We are fundraising to help keep the business going and support the family during this extremely difficult time, in the hope that Sharon will survive and recover from this traumatic incident, and still have her shop to return to. The shop is Sharon's livelihood, and she would be distraught if she woke up to discover that she no longer had it, and had lost her daily banter with her friends also.

Thank you for reading and for all your support. Please keep Sharon in your thoughts and prayers

The **Warren Family**
Gower Cathays Residents

Trusted Tradesperson / local Tradesbusiness in Cathays – Crwys Auto Services

Facebook link: ***https://www.facebook.com/CrwysAutoServicesLtd/***
Address: 57-59 Crwys Road
Phone: ***029 2022 5789***
Book my garage: ***https://bookmygarage.com/garage-detail/crwysautoservices/cf244ne/***



Massive praise to Brett and his mechanics team of Crwys Motors (Crwys Road, entrance via Fanny Street) for bailing out a few of the neighbours over the Easter Holiday! Some very positive stories have been shared about Brett and his mechanics team at Crwys Auto Services!

A comprehensive reliable service for our community!

Be it a car service, an MOT, or you just need something checked on your vehicle – I am strongly endorsing Crwys Auto Services! A very reliable and trustworthy garage in Cathays – which has helped a lot of people and got a strong following of local customers from across Cardiff.

For what I was charged for call out, recovery and fixing the problem at Crwys Auto Services - I should have been charged the earth – yet got an excellent deal and felt the mechanical problem had been properly explained to me! I feel very confident recommending this garage to you all!

Paulus – local resident (and editor; Cathays Monthly Update)

I am very enthusiastic to endorse Brett and his team, at Crwys Auto Services to the residents of Cathays (and wider Cardiff)



Additional contributions to our community:

A regular 'stall' at Cathays Fair 2017, 2018 and 2019, ***Crwys Auto Services*** always had a classic car on display, at our community fair's - for the Cathays residents to ask about basic car care and maintenance tips! Very useful!

With businesses like Crwys Auto Services, MBE Cardiff, Dinas Computers (Wyn & Phillip will be missed), Teacups and Cupcakes, Elmers Café, CSAS etc – businesses who take a genuine interest in our community … and help us all keep moving forward !!

These businesses all have been strongly recommended by our residents via personal-word-of-mouth recommendations, which helps build up the trust in our community – which inevitably makes Cathays stronger!

Thank you Crwys Auto Services!

New Business: Root Deep, Gardens, Ponds & General Maintenance

Phone: ***07887 403 268***

Email: ***rootdeepgardening@gmail.com***



Kyle - Manager

Root Deep Gardening

Cathays Local Businesses

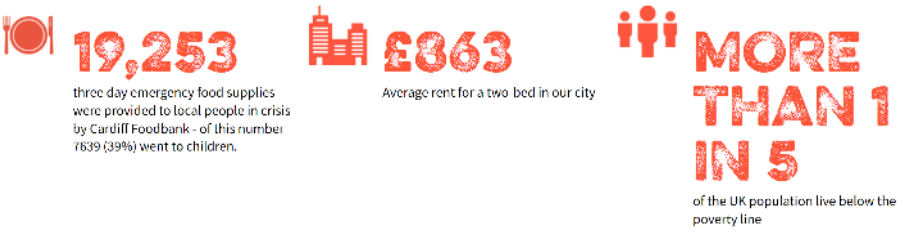
Foodbank in Cathays – donating and collection for April 2024

Link: ***www.cardiff.foodbank.org.uk***

Happy 2024 to everyone from Foodbank Cardiff

To quality for Foodbank – you need to get referred by your GP, our housing association, the Citizens Advice group or a Social worker!

Here you will be assessed and see if you qualify for the Foodbank voucher to use at the nearest Foodbanks to you!



Many residents, local businesses have asked how to help out – please do help to donate, or if you are a faith group, local business, school etc who wish to set up a foodbank – please contact Cardiff Foodbank and see how you can help out! Every donation (in the panel it highlights what we are short of!) welcome!



Foodbank Cathays DONATION / drop off locations:

Deposit in Foodbank Boxes in Cathays at locations such as:

→ ***Al-Manar Centre*** – Glynrhhonda Road

→ ***Dar Ul Isra Mosque*** – Wyeverne Road *(please do drop off Saturday's between 11:30 and 12:30)*

→ ***Sherman Theatre*** – Box is on the right of entrance (also Warm Places)

→ ***Sainsburys*** – Woodville Road (regular opening hours)

→ ***Tesco*** – Cathays Terrace (regular opening hours)

We are grateful to learn that Dar Ul-Isra Foodbank has been nominated for the Co-Op community Fund 2022/2023 this year! Congrats!

Please do give where you can spare one thing on the right list box!

This list changes EVERY MONTH – so see what shortage/excess the Foodbank is experiencing and please help out by depositing in Foodbank Boxes at Sainsbury's, Lidl, Co-Operative etc. Thank you everyone for donating!

- **TINNED CARROTS**
- **FRUIT JUICE (1 LITRE, LONG LIFE)**
- **INSTANT/EASY COOK PASTA**
- **SAVOURY SNACKS**
- **TINNED CUSTARD**
- **TINNED POTATOES**
- **TINNED TOMATOES**
- **RICE PUDDING**
- **DEODORANT/ANTI-PERSPIRANT**
- **SHAMPOO**

Please be aware this could change very quickly each month – so please check out the Cardiff Foodbank link to view our wants/excess list on: ***https://cardiff.foodbank.org.uk/give-help/donate-food/***

At present we have plenty of:

- **PASTA**
- **BAKED BEANS**
- **TEA**
- **CEREAL**
- **SWEETCORN**

Please check the link weekly.

Thank you everyone who donates!

Felicity – Cardiff Foodbank
Gauri – Cardiff Foodbank
Barak – Al-Manar Centre
Mo – Dar Ul-Isra
Simon – Sherman Theatre

Interventions Gallery Reset @ Ffotogallery – (Wed's thru Saturday's) All through April

Website ***www.ffotogallery.org/programme/alteration***

Artist include:

Nelly Ating, Audrey Albert, Ffion Denman, Ariella Aïsha Azoulay

ffotogallery
Fanny Street
Cathays

Exhibition open – Wednesdays to Saturdays

*Curated by **Nelly Ating***

What does it mean to be altered?

Like clothes are altered by a tailor to fit the wearer, so too are the records of history. Fragments of histories crafted, maintained for specific purposes, often silenced. The suppression of histories has shaped ideologies, social systems. The alteration of history has altered the fabric of society.

Interrogating archival photographs and objects that centre a Western history of decolonialisation through alteration, the artists Ffion Denman, Nelly Ating, Audrey Albert, and Ariella Aïsha Azoulay consider the role that galleries and institutions play in the public discourse and interpretation of history. Specifically, the contortion of history regarding the Welsh Patagonia colonisation, the South African Afrikaans occupation, the Chagossian Islands under British colonisation, and the occupation of Palestine by Israeli forces are reinterpreted by the artists in the gallery space. As Conrad (2016) points out, global history aims to come to terms with the connections of the past. Therefore, from image circulation to the use of these material objects, the artists aim to draw from similar historical alteration as a marker that connects levels of distortion.

What has this got to do with the gallery as an institution?

As political concepts are not neutral, the gallery bears witness to many levels and forms of alteration. Can the gallery's past be reimagined, interwoven with other pasts?

Last year we were delighted to start working with Audrey Albert and the Imperial War Museums on a project as part of the IWM 14-18 NOW Legacy Fund, a national partnership programme of over 20 artist commissions inspired by the heritage of conflict. Led by Imperial War Museums, the IWM 14-18 NOW Legacy Fund was created following the success of 14-18 NOW, the official UK arts programme for the First World War centenary.

Albert's commission focuses on the Chagos Islands. We are looking forward to showing some of Audrey's work in progress this Spring as part of the *Interventions: Gallery Reset* show *Alteration,* with the commission culminating in a solo exhibition at Ffotogallery in 2025.

Interventions: Gallery Reset is a series of gallery 'takeovers' made possible with Art Fund's 'Reimagine' grant, providing new opportunities for artists to experiment, challenge and ask provocative questions, with a focus on themes such as identity, migration, gender, social inequality and the environment.

Thumbnail: from *Matter Out Of Place* © Audrey Albert

Cath - Staff
Ffotogallery

Cathays Local Businesses

Sharing Ramadan @ Dar Ul-Isra – Thursday, 4th April

email: ***interfaith@darulisa.org***

Booking link: ***https://buytickets.at/ilead/1175026***

ilead

DAR UL-ISRA
Muslim Educational & Welfare Centre

SHARING RAMADAN

An event for the wider community to experience Ramadan with the congregation.

Join us

- for a tour of the mosque
- to learn about Islam and Ramadan
- Q&A Session
- Delicious Iftar meal

Thursday 14th March
5pm - 7pm

Thursday 21st March
5.15pm - 7.15pm

Thursday 28th March
5.30pm - 7.30pm

Thursday 4th April
6.45pm - 8.45pm



Register Here



@cardiffmuslims

Interfaith@darulisra.org

Mo - Manager
Dar Ul-Isra

Cathays Local Businesses

Repair Café Cathays – 10am to 1:30pm @ Sherman Theatre – Saturday 6th April

Main website: ***https://repaircafewales.org/event/repair-cafe-cathays/all/***

Get your broken stuff repaired for FREE !!

When you arrive at Repair Café Cathays, register at the volunteer's desk – then please either scan the bar code to start the process, or …. Or alternatively – you can fill out the form online - ***https://repaircafewales.org/what-are-you-having-repaired-today/*** - and get your repairs undertaken)





There are Repair Stations for ***Information Technology***, ***PAT testing***, ***Textiles***, ***General***, ***Electrical***, ***Bike repair***, come and have a look at all the Repair stations!







email: ***repaircafecathays@gmail.com***

Social Media please search: ***Repair Café Cardiff***





Margaret, Colin, Melanie, Imants, John and everyone else - Volunteers
Repair Café Cathays

FAN: Cardiff Café Culture History @ Cathays Library – Thursday, 11th April

Website ***www.thefancharity.org***

Cardiff FAN: Cardiff Friends and Neighbours

The FAN Charity: bringing people together to meet, listen and talk.



For April the topic is going to be:

Cardiff Café Culture History

Come and get involved in reading up on the history of our local culture of cafés!

Come to a FAN (Friends and Neighbours) Group! You'll meet friends and neighbours and feel more hopeful for the world.

All FAN Groups are free and open to all but we are a charity and rely on funding to continue our work. If you feel you are able to give please go to *www.thefancharity.org* Your support will mean that we can host FAN Groups for free, for everyone.

Website ***www.thefancharity.org***
Tel: 07512 638792
Facebook: thefancharity Twitter @thefancharity

Come to a FAN (Friends and Neighbours) Group! It's a great opportunity for local people to meet newcomers; you'll meet friends and neighbours and feel more hopeful for the world.

You are welcome to attend any of the meetings wherever they are based geographically and we also extend a warm welcome to people who are learning English and would like to practise their skills in a supportive and friendly environment.

The FAN Charity
Registered Charity No. 1134900
Companies House No. 7157056
FAN IS GRATEFUL FOR THE SUPPORT OF
I'm a Dementia Friend
You can join me at dementiafriends.org.uk

Janina Kuczys - Development and Support Officer for
FAN (Friends and Neighbours) in Cardiff

Cathays Local Businesses

Climate Cymru – Film Event @ Temple of Peace – Thursday, 11th April

Exclusive premiere of 'Cysylltiad'

Climate. Cymru

Event link: ***https://www.facebook.com/events/389279530560905/***
The FB group: ***https://www.facebook.com/ClimateCymru***
Main website: ***https://climate.cymru/***



Join us for the exclusive premiere of 'Cysylltiad,' a powerful documentary showcasing the people with their sleeves rolled up with making a better Wales.

Witness the breathtaking footage at the Temple of Peace, or online via zoom and be part of the celebrations. Reserve your spot now!

Climate Cymru

Climate Fresk with Climate Cymru @ Temple of Peace, Saturday, 13th April

Event link: ***https://www.facebook.com/events/3057436711058701/***
2pm to 5pm Sliding scale for tickets - £5 to £10 for this event!

In the run up to Earth Day 2024, join Climate Fresk Volunteer Coordinator for Wales, Chris Woodfield, in collaboration with Climate Cymru and the B Local Wales B Corp group for an in-person Climate Fresk, at the ***Temple of Peace in Cardiff***.

The event is a public event and open to all abilities and ages 16 and above.

The Climate Fresk workshop is 3 hours in duration, from 14.00 - 17.00 on Saturday 13th April 2024. Please arrive on time ready to start at 14.00 prompt.

Pricing:

Cost is based on a sliding scale and is up to you. There is no fixed price. Please select when registering (you will be taken to a page to enter the amount you would like to contribute).

Note: For public Climate Fresks, £5-10 is typical per person. If you decide to contribute financially, these costs will go back into the Climate Fresk NGO, and will support ongoing and development work of the non-profit.

What is Climate Fresk and why should I attend?

Climate Fresk is an internationally-recognised climate educational, creative and empowerment workshop. This practical, hands-on and engaging 3-hour workshop uses a series of Climate Fresk "action cards" to explore the climate science in a collaborative way, combined with giving space to discuss feelings, individual and systemic actions, visioning and how we can facilitate a positive impact to rise to the climate challenge. This organised public workshop is suitable for anyone, all ages (16 and above) and previous knowledge of climate change and sustainability. This is a practical workshop whereby we will be working together in small groups around tables, and attendance is required throughout the 3 hours (with comfort breaks).

We are also looking to organise a Climate Fresk Facilitation Training in the coming weeks after the event for people who would like to facilitate and deliver the training themselves. In order to take part in the training, participants must have completed a workshop as an attendee first, e.g. similar to this one.

As of the start of 2024, over 1 million participants have taken part worldwide in over 130 countries. For more information see ***https://climatefresk.org/***

Key learning outcomes of Climate Fresk include:

- overview of climate change terminology, science, causes, consequences and impacts
- the role of individual behaviour change and wider systemic change
- upskilled / motivated / inspired individuals and teams with the knowledge and confidence to take action

Feel free to bring paper and a notepad if you would like. Otherwise, no need to bring anything. You'll leave with a greater sense of agency and empowerment, and become part of a global movement of positive change and help support and grow the network in Wales.
If you have any concerns, questions, comments, additional learning needs, or access requirements, please email me on ***chriswoodfield@hotmail.com***

Chris – Organiser
Climate Cymru

Cathays Local Businesses

Civic Society 'Get-Together' @ Tiny Rebel – Womanby Street – Tuesday, 23rd April

Event link: ***https://www.facebook.com/events/426154423245895/***
Main group page: ***https://www.facebook.com/CardiffCivicSociety***

Cardiff Civic Society invites you to join us for a face-to-face get-together at Tiny Rebel

"It has been ages, so we thought we'd meet up in person for a beer and a bite to eat."

Time:

7pm onwards

Venue:

25 Westgate St, Cardiff CF10 1DD (in the beer hall upstairs)

We will hear from ***Rhiwbina's inspiring EcoTeam***, who will give us some fantastic tips on making our local areas cleaner and greener and more nature friendly.

From tree planting to fund-raising, the Eco Team is making Rhiwbina a better place for people and wildlife.

After the Eco Team talk, we'll have a chance to hear your views on what we need to do to improve our fantastic city.

We'd also be delighted to hear from anyone who is happy to help us: fund-raising, so that we can plant more trees and hedges, and fight nature's corner legally, event's organisers, so that we can have some fun as well as campaigning, along with letter writers, ward watchers, planning/legal experts."

If you would like to attend, please let me know: ***chair@cardiffcivicsociety.org***

Nerys – Chair
Cardiff Civic Society

O.Constantinou & Sons wins award for the third time !! Massive congratulations !!

FOR IMMEDIATE RELEASE: 26th March 2024

Helen Rouse O.Constantinou & Sons 07733 044 356 / 02920 461 191 or email ***hello@simonconstantinou.com***

WINNER

Cardiff Life AWARDS 2024

Simon Constantinou Celebrates Cardiff Life Awards Hat-Trick Win!

O.Constantinou & Sons, winning awards since 1960! Cardiff, Wales: Simon Constantinou at O.Constantinou & Sons won the ***Cardiff Life Award for Hair & Beauty on 21 st March 2024 at Mercure Cardiff Holland House, for the third time***. Having previously won this award in 2019 & 2022, Simon Constantinou is delighted to have won this award again this year.



The Cardiff Life Awards judges commented “Careful attention to its loyal customer base plus its culture of always learning and developing new offerings means this has been another excellent year.”

The salon takes pride in its longstanding commitment to giving back to the community and fostering social connections. New offerings include Simon Constantinou’s recent contract win to provide and fit wigs for the NHS. This exciting news marks a significant milestone for the salon, which has been discreetly offering wig and men's hair system services for many years.

For the last ten years has worked with ***The Little Princess Trust***, fitting wigs for children undergoing cancer treatment or facing hair loss due to illness. This reflects the salon's deep-rooted belief in using its expertise to bring comfort and confidence to those in need.

“We are absolutely delighted! Our amazing team and wonderful clients are at the heart of our salon, and without them, we wouldn’t have been up on that stage, and we wouldn’t be moving our family legacy forward. Now, with the opportunity to extend our services to the NHS, we’re eager to make a positive impact on an even broader scale.”

Helen - Director

Simon Constantinou’s

Former Cathays Resident wants to train as an actor!

Link: ***https://www.gofundme.com/f/help-me-finish-my-training-as-an-actor***

Former resident Mo moved away to get married in the 2010's, I am very pleased we are still in touch and even more impressed that he is going to pursue his dream of getting into acting!

"Hi, my name is Mohammad Zameer and my stage name is Aiden Hemmings. I'm seeking your help to complete my MA in Acting at the prestigious (but expensive) E15 Drama school in London.



I'm 41 years old, married with a six-year-old son and made a life-changing decision to get the best possible training to fulfil my dream of becoming an actor.

Acting has been my passion and I have, over fifteen years, taken every opportunity possible to train and perform while working elsewhere to support my family. I have had some small successes and even a small film role - and I know deep-down that I have the drive and basic talent to succeed. Hence this huge leap into the future.

I'm not aiming for Hollywood - just a good solid and useful career of which part would be about teaching and training within my own, under-represented community. If children can just see people they can identify with in roles - they can believe it will be possible for them.

It's been an exhilarating time perfecting my craft but a rough ride financially. Before being accepted at E15 I lost a huge part of the savings (and a small grant) in fees to another unaccredited "drama school" that took all the fees and failed to deliver the course or, sadly, any refund. A lesson learned and a warning that accredited courses are always the way to go.

So while I'm very lucky to have been accepted by E15 and will, hopefully, get a MA from Essex University on completion; I'm £5,500 short of the actual fee required to complete that last half of the course. This exactly corresponds to the actual loss after being ripped off by the previous course.

The fees required by Essex University are £17,500 and I have a student loan of £12,000 (the largest amount available for post graduate degrees). This is for fees alone and I still need to provide for my wife and family.

I hope you can see that I really did try to budget for this hugely important personal commitment and how, despite all attempts to reclaim previous fees, I stand to lose even more if I don't complete the present training.

While £5,500 may not be a lot if I had a full-time job, I am supposed to (or able) to work during the course and please be assured that this fundraiser is only for the fees necessary to complete this marvellous course.

Thank you for reading!"

Mohammad – Aspiring Actor
Former Cathays residents

Cathays Local Businesses

May 2024 – Cathays Monthly Update

Get your posters/event information in for May's events please!

What Spring events are you putting on?

Anything to increase community connection, footfall for local businesses etc!

Regards,

Paulus